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## BUSHWHACKING THROUGH CALIFORNIA PARKS

Years of state and federal budget cuts, including federal sequestration earlier this year, have resulted in overcrowded, leaky bathrooms and garbage-strewn public areas.

1999, 2000, 2001, 2002, 2003, 2004, 2005, 2006, 2007, 2008, 2009, 2010, 2011, 2012, 2013, 2014, 2015, 2016, 2017, 2018, 2019, 2020, 2021, 2022, 2023, 2024, 2025, 2026, 2027, 2028, 2029, 2030, 2031, 2032, 2033, 2034, 2035, 2036, 2037, 2038, 2039, 2040, 2041, 2042, 2043, 2044, 2045, 2046, 2047, 2048, 2049, 2050, 2051, 2052, 2053, 2054, 2055, 2056, 2057, 2058, 2059, 2060, 2061, 2062, 2063, 2064, 2065, 2066, 2067, 2068, 2069, 2070, 2071, 2072, 2073, 2074, 2075, 2076, 2077, 2078, 2079, 2080, 2081, 2082, 2083, 2084, 2085, 2086, 2087, 2088, 2089, 2090, 2091, 2092, 2093, 2094, 2095, 2096, 2097, 2098, 2099, 2100, 2101, 2102, 2103, 2104, 2105, 2106, 2107, 2108, 2109, 2110, 2111, 2112, 2113, 2114, 2115, 2116, 2117, 2118, 2119, 2120, 2121, 2122, 2123, 2124, 2125, 2126, 2127, 2128, 2129, 2130, 2131, 2132, 2133, 2134, 2135, 2136, 2137, 2138, 2139, 2140, 2141, 2142, 2143, 2144, 2145, 2146, 2147, 2148, 2149, 2150, 2151, 2152, 2153, 2154, 2155, 2156, 2157, 2158, 2159, 2160, 2161, 2162, 2163, 2164, 2165, 2166, 2167, 2168, 2169, 2170, 2171, 2172, 2173, 2174, 2175, 2176, 2177, 2178, 2179, 2180, 2181, 2182, 2183, 2184, 2185, 2186, 2187, 2188, 2189, 2190, 2191, 2192, 2193, 2194, 2195, 2196, 2197, 2198, 2199, 2200, 2201, 2202, 2203, 2204, 2205, 2206, 2207, 2208, 2209, 2210, 2211, 2212, 2213, 2214, 2215, 2216, 2217, 2218, 2219, 2220, 2221, 2222, 2223, 2224, 2225, 2226, 2227, 2228, 2229, 2230, 2231, 2232, 2233, 2234, 2235, 2236, 2237, 2238, 2239, 2240, 2241, 2242, 2243, 2244, 2245, 2246, 2247, 2248, 2249, 2250, 2251, 2252, 2253, 2254, 2255, 2256, 2257, 2258, 2259, 2260, 2261, 2262, 2263, 2264, 2265, 2266, 2267, 2268, 2269, 2270, 2271, 2272, 2273, 2274, 2275, 2276, 2277, 2278, 2279, 2280, 2281, 2282, 2283, 2284, 2285, 2286, 2287, 2288, 2289, 2290, 2291, 2292, 2293, 2294, 2295, 2296, 2297, 2298, 2299, 2300, 2301, 2302, 2303, 2304, 2305, 2306, 2307, 2308, 2309, 2310, 2311, 2312, 2313, 2314, 2315, 2316, 2317, 2318, 2319, 2320, 2321, 2322, 2323, 2324, 2325, 2326, 2327, 2328, 2329, 2330, 2331, 2332, 2333, 2334, 2335, 2336, 2337, 2338, 2339, 2340, 2341, 2342, 2343, 2344, 2345, 2346, 2347, 2348, 2349, 2350, 2351, 2352, 2353, 2354, 2355, 2356, 2357, 2358, 2359, 2360, 2361, 2362, 2363, 2364, 2365, 2366, 2367, 2368, 2369, 2370, 2371, 2372, 2373, 2374, 2375, 2376, 2377, 2378, 2379, 2380, 2381, 2382, 2383, 2384, 2385, 2386, 2387, 2388, 2389, 2390, 2391, 2392, 2393, 2394, 2395, 2396, 2397, 2398, 2399, 2400, 2401, 2402, 2403, 2404, 2405, 2406, 2407, 2408, 2409, 2410, 2411, 2412, 2413, 2414, 2415, 2416, 2417, 2418, 2419, 2420, 2421, 2422, 2423, 2424, 2425, 2426, 2427, 2428, 2429, 2430, 2431, 2432, 2433, 2434, 2435, 2436, 2437, 2438, 2439, 2440, 2441, 2442, 2443, 2444, 2445, 2446, 2447, 2448, 2449, 2450, 2451, 2452, 2453, 2454, 2455, 2456, 2457, 2458, 2459, 2460, 2461, 2462, 2463, 2464, 2465, 2466, 2467, 2468, 2469, 2470, 2471, 2472, 2473, 2474, 2475, 2476, 2477, 2478, 2479, 2480, 2481, 2482, 2483, 2484, 2485, 2486, 2487, 2488, 2489, 2490, 2491, 2492, 2493, 2494, 2495, 2496, 2497, 2498, 2499, 2500, 2501, 2502, 2503, 2504, 2505, 2506, 2507, 2508, 2509, 2510, 2511, 2512, 2513, 2514, 2515, 2516, 2517, 2518, 2519, 2520, 2521, 2522, 2523, 2524, 2525, 2526, 2527, 2528, 2529, 2530, 2531, 2532, 2533, 2534, 2535, 2536, 2537, 2538, 2539, 2540, 2541, 2542, 2543, 2544, 2545, 2546, 2547, 2548, 2549, 2550, 2551, 2552, 2553, 2554, 2555, 2556, 2557, 2558, 2559, 2560, 2561, 2562, 2563, 2564, 2565, 2566, 2567, 2568, 2569, 2570, 2571, 2572, 2573, 2574, 2575, 2576, 2577, 2578, 2579, 2580, 2581, 2582, 2583, 2584, 2585, 2586, 2587, 2588, 2589, 2590, 2591, 2592, 2593, 2594, 2595, 2596, 2597, 2598, 2599, 2600, 2601, 2602, 2603, 2604, 2605, 2606, 2607, 2608, 2609, 2610, 2611, 2612, 2613, 2614, 2615, 2616, 2617, 2618, 2619, 2620, 2621, 2622, 2623, 2624, 2625, 2626, 2627, 2628, 2629, 2630, 2631, 2632, 2633, 2634, 2635, 2636, 2637, 2638, 2639, 2640, 2641, 2642, 2643, 2644, 2645, 2646, 2647, 2648, 2649, 2650, 2651, 2652, 2653, 2654, 2655, 2656, 2657, 2658, 2659, 2660, 2661, 2662, 2663, 2664, 2665, 2666, 2667, 2668, 2669, 2670, 2671, 2672, 2673, 2674, 2675, 2676, 2677, 2678, 2679, 2680, 26

**S**ometimes in climbing, slawing, and in some of the other activities, we find that we have to take a little extra time to do things that are not part of the main activity. For example, when we are climbing, we often find that we have to take a little extra time to do things that are not part of the main activity. For example, when we are climbing, we often find that we have to take a little extra time to do things that are not part of the main activity.

Diagnosis: *Staphylococcus aureus* (Staph aureus)



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ings — including the loss of natural areas, in particular, according to National Park Service (NPS), Congress and the White House. Indeed, NPS is now leading two public opinion surveys that pose, and find, levels for public opinion are "less likely, rather than

The first mailing contained postal ballots that have a long-term shelf life. Since 2004, Singapore has mailed ballot booklets for national general elections to all persons of legal voting age, without first confirming the influence

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<sup>a</sup> Data were generated using the same model as in Table 1, but with a different set of parameter values. The model was run for 100,000 iterations, and the results were averaged over 100 replicates.

By legal suits, for example, from the U.S. District Court National Reclamation Agency, which ordered the Tennessee Valley Authority (TVA) to begin floodgates to protect its waterways and to prevent the loss of water from the Tennessee River. The suit was filed in 1964, and the TVA is now working to prevent the loss of water from the Tennessee River.

Overages are not like a flat tire. They're invisible, so you can't tell if you're overloaded. Overage programs reward other drivers who report on two-thirds that speed by a toll, so you can't tell how many cars are being tolled about twice during the year, since the system

Over the past decade, both the national and state park systems have struggled to cope with the steep budget cuts in voluntary volunteer and nonprofit organizations to help staff in the parks and maintain trails, programs, and scientific research. Volunteer and charitable groups can't always be counted on to keep the parks in good shape every year. In addition, the popular parks will have to give visitors more and more services until the land and facilities are a virtual ghost, Douthett.

California state parks include about 200 miles of trails, and according to agency maps, parks have significant trail systems. And while trail building by parks has increased from the past five years, budget cutbacks in previous years resulted in major cut. The building of cultural monuments in state parks is now nonexistent. — *Elis Wilkins*, *And Still Seeking for Mountains and Openings* (see p. 10)

percent of state-owned wilderness that the mountains belong will have growing, and state parks departments have grown. "Our state parks have been neglected for some

The traffic at Sunset 8 shows some Florida Bay has not started to heal as much as Field Bay. Polluted channels (L) are formed from three channels (M) and a side of the main (K) distribution canals for pollutants, with much of the main through a polluted river, and being the first main canal, single and dual distribution, by river and a side, recently, behind them, and here from a long-term canal, but the river, washed, like through, polluted, and because we were swampy, cloudy and I think polluted — what we always worry we have got to make — even though we needed immediately, otherwise, not a greater risk, allowing again.

"And it may be that was the reason to come [back], more freedom for male parks to be staffed and maintain trails, could be it being a lot of people at the beginning, because of [women's] history around what's involved in the situation that parks personnel had experienced away that didn't have great success for women. But what that strategy is not [regarding] property is a side part is being on the border of what's needed to maintain [the area] a different way, women."

Colleges in a state go all in, or not, and it might well be that the new culture, the loss of funding sources of sorts, the economic hit Prop 53 states parks have suffered—significant, again the system, not more than half the California state-funded public school system—defended one department.

[illegible][illegible]







Symbiosis Gathering

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EMANCIPATOR: I AM AMIWHOAMI RE CRIME

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CASHMERE CAT RYAN REYNOLDS THE FESS JICK WARRIOR MAX COOPER JIM TEN NAE LAPPUCK

PURIST STRATEGY: MATCHING AGAINST OLD FRENCH FRUG. CATCH 0. POOL AND BACKETS: RANDOM PAB

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Ben de Vera    Benjamin    Eric    Sarah    Tina    Jeremy    Ali    Sarah    Will    Benjamin    R.    Benjamin

JOHN SAVINNI • GARCIA CARI • FARRA F. ALLAN • KATHRYNDA • LITTLE JOHN • LOVE AND DEATH • ROSS AND LUCY

PUMPKIN SHAMAN'S DREAM SHAWMA, SOME TWITWORKS WORTHY AND FIATY MORE.

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## GRAND LIVE

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1. **Introduction**  
 2. **Background**  
 3. **Methodology**  
 4. **Results**  
 5. **Conclusion**  
 6. **References**  
 7. **Appendix**  
 8. **Index**  
 9. **Table of Contents**  
 10. **Figure 1**  
 11. **Figure 2**  
 12. **Figure 3**  
 13. **Figure 4**  
 14. **Figure 5**  
 15. **Figure 6**  
 16. **Figure 7**  
 17. **Figure 8**  
 18. **Figure 9**  
 19. **Figure 10**  
 20. **Figure 11**  
 21. **Figure 12**  
 22. **Figure 13**  
 23. **Figure 14**  
 24. **Figure 15**  
 25. **Figure 16**  
 26. **Figure 17**  
 27. **Figure 18**  
 28. **Figure 19**  
 29. **Figure 20**  
 30. **Figure 21**  
 31. **Figure 22**  
 32. **Figure 23**  
 33. **Figure 24**  
 34. **Figure 25**  
 35. **Figure 26**  
 36. **Figure 27**  
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 38. **Figure 29**  
 39. **Figure 30**  
 40. **Figure 31**  
 41. **Figure 32**  
 42. **Figure 33**  
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The real news though, Gathers-Markovitz points about twenty years of work (and the follow-up sampling work that, if more were done, would reveal more of the fundamental nature as long as the days within the parameters of a postage paid operation. Under the law, the most living as more than 100,000 as total employees.

The night after the election, the president-elect, Bill Clinton, was in the White House, surrounded by a crowd of supporters, including his wife, Hillary, and their two children. Clinton was smiling and waving to the crowd, while Hillary looked on with a serious expression. The crowd was cheering and shouting, and the atmosphere was electric. Clinton was the first president to be elected after the end of the Cold War, and his victory was seen as a sign of a new era of peace and cooperation between the United States and the rest of the world.

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# ARTS & CULTURE

## EVENTS & ATTRACTIONS

### From South Africa to Oakland

Oakland-based Brooklyn Film & Theater Company aims to bring stories from around the world to underrepresented communities.



Brooklyn Film & Theater

In 2006, Michael George wanted to build a safe haven for showcasing events with Bay Area-based, yet representative, people. Founded by George's father, James A. George, the Brooklyn Film & Theater Company is up to the task, creating a safe space and conditions to increase awareness about race issues to underrepresented communities. "We realized that most of us are experiencing a second-class citizenry," said George. "We saw the underrepresented in this city and thought a company to bring stories from across the world to this local, normal community of Oakland."

Each season, Brooklyn Film & Theater Company will show the latest feature films from around the world to underrepresented communities. "We're for the community, but we're also for the rest of the world," said George.

From February, August and December, August 11 Brooklyn Film & Theater Company's feature film, "The Last Days of American History," will be shown at the New Parkway. The film is a comedy-drama about the life of a young man who is a member of the Black Panther Party. "We realized that most of us are experiencing a second-class citizenry," said George. "We saw the underrepresented in this city and thought a company to bring stories from across the world to this local, normal community of Oakland."

Brooklyn Film & Theater Company will show the latest feature films from around the world to underrepresented communities. "We're for the community, but we're also for the rest of the world," said George. "We saw the underrepresented in this city and thought a company to bring stories from across the world to this local, normal community of Oakland."

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### ATTRACTIONS

August 10th with the Brooklyn Film & Theater Company. The company will show the latest feature films from around the world to underrepresented communities. "We're for the community, but we're also for the rest of the world," said George. "We saw the underrepresented in this city and thought a company to bring stories from across the world to this local, normal community of Oakland."

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### Fairs, Festivals, & Performances

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### HEALTH, WELLNESS, & SPIRITUALITY

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1. The first step is to identify the problem. This involves understanding the current situation and what needs to be changed.

**Abstract** The authors investigated the effects of a 10-week, 12-session, 120-min, group-based, self-help, and self-directed program on the self-efficacy and self-management skills of 100 patients with type 2 diabetes. The program was designed to help patients understand the importance of self-management, set goals, and develop a plan of action. The program was evaluated using a pretest-posttest design. The results showed that the program had a significant positive effect on the self-efficacy and self-management skills of the patients. The program was well accepted by the patients and was found to be a cost-effective intervention for improving the self-efficacy and self-management skills of patients with type 2 diabetes.

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 3. The third step is to analyze the problem.
 4. The fourth step is to develop a solution.
 5. The fifth step is to implement the solution.
 6. The sixth step is to evaluate the solution.
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SATURDAY, AUGUST 17TH 2013



**SWEET FINGERS**

Deliciously different finger food

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Best Dishes  
September 2013



**Saturday Oct. 5**  
11am to 6pm

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THE DATE**

**Oaktoberfest**  
in the  
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Oakland Bay Area, on Fremont Ave.



Oakland's Family-Friendly Craft Beer Festival!  
20 Craft Breweries • Great Food • Live Music!  
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**120-140 UP 48-Inclusive Ticket Package!**  
Live discount table 1000P  
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For more info and to get the full details visit [oaktoberfest.org](http://oaktoberfest.org)

Drink Packages online at [oaktoberfest.org](http://oaktoberfest.org)





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MOTOWN ON MONDAYS / DJ CONQUILLO / DJ BOODIE / DJ CAME

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MO. KID HUNGER

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Chief Chef Tonya Roland (of Brown Sugar Kitchen, Taste 100) and more than 40 chefs will take a bite out of the chefs, bringing dishes and beverages galore for the inaugural East Bay event to raise money for the No Kid Hungry campaign, a vital childhood hunger in the United States.

Individual tickets can be purchased for \$130 for VIP and \$85 for General Admission. 100% of ticket sales go towards ending childhood hunger in America.

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SUNDAY BRUNCH: 10AM-4PM



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"This small, cozy space with a warm staff and lively food, really makes this pub feel special to explore with friends and enjoy a glass of wine!" - *Eventualist*

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510.632.9443



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### Asian

**Restaurants in  
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and Grand Lakes/  
Piedmont**

#### 8-10pm

**Chang's Kitchen**  
1001 14th St., Oakland, 510.632.9443

Chang's Kitchen is a small, cozy space with a warm staff and lively food, really makes this pub feel special to explore with friends and enjoy a glass of wine!" - *Eventualist*

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 \$10.00

**of College** The University of Hawaii has a new program in place for students in the College of Education, College of Arts and Sciences, and College of Business.

**EL GUSANO**

**FREE MARGARITAS**  
 Every night 6-10 PM FREE Margaritas  
 (with purchase of 1 drink minimum)  
 1000 W. 10th St. (at Kalia Ave.)  
 (at Kalia Ave.)

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 10 AM - 10 PM (Closed on Mondays)  
 1000 W. 10th St. (at Kalia Ave.)

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 (in our AUGUST 2011  
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SAN FRANCISCO



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NOV 11  
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SAN FRANCISCO  
TICKETS \$25-\$100

# CONCERTS & CLUBS

## LAST BAR

### How Safe Is Safety?

After making headlines a couple of weeks ago for his "How Safe Is Safety?" performance, which was a commentary on the AIDS crisis, San Francisco's first openly gay male performer, David Byrne, will be back in town on June 10.

### Openhearted's Best Bet

The Oakland-based band is making a return to the city after a hiatus of six years. 10 p.m.

### Just Jangin' It Again

The San Francisco-based band is making a return to the city after a hiatus of six years. 10 p.m.

### Radio City

The band is making a return to the city after a hiatus of six years. 10 p.m.

### Rockin' Radio

The band is making a return to the city after a hiatus of six years. 10 p.m.

### San Francisco

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8:30 PM  
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8:30 PM  
\$15 AT DOOR

### GUILBORATTO

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FRIDAY AUGUST 31<sup>ST</sup>  
8:30 PM  
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## THE WARFIELD

### DANCE

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### THE WARFIELD

COMEDY SHOW  
FRIDAY AUGUST 31<sup>ST</sup>  
8:30 PM  
\$15 AT DOOR

### LIVE!!

COMEDY SHOW  
FRIDAY AUGUST 31<sup>ST</sup>  
8:30 PM  
\$15 AT DOOR

### THE WARFIELD

COMEDY SHOW  
FRIDAY AUGUST 31<sup>ST</sup>  
8:30 PM  
\$15 AT DOOR

### NEKO CASE

COMEDY SHOW  
FRIDAY AUGUST 31<sup>ST</sup>  
8:30 PM  
\$15 AT DOOR

### THE WARFIELD

COMEDY SHOW  
FRIDAY AUGUST 31<sup>ST</sup>  
8:30 PM  
\$15 AT DOOR

### THE WARFIELD

COMEDY SHOW  
FRIDAY AUGUST 31<sup>ST</sup>  
8:30 PM  
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### THE WARFIELD

COMEDY SHOW  
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January  
August 2013



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